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It is the mission of The Lions' Pride Media Group to provide accurate news and diverse opinions that are important to the Saint Leo community, and our goal is to inform and entertain readers while providing thought-provoking journalism without fear of reprisal.

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Saint Leo's new Wellness Center—coming sooner or later

Alora Peters
Editor-in-Chief

After numerous delays, pushbacks, promises, hopes, and disappointments, Saint Leo University's new Wellness Center is set for a grand opening to the public… eventually.

"We are currently planning for a late February, early March opening," said Dr. Melanie Storms, senior vice president, who has been helping to oversee the construction of the new building.

Since the project's inception, the Wellness Center has experienced multiple delays in its opening; in the past academic year alone, the opening has been pushed back three times from its original opening date.

Currently, the University is waiting on completion of a well that will provide water to the new building.

"The well must be fully operational for us to obtain our final certificate of occupancy," said Storms. "At this point, piping is nearing completion. Once all required water testing is complete, we will be able to apply for our certificate."

Earlier completion of the well was prevented due to COVID-19-related supply chain delays. This is not the first time that supply chain issues affected the construction of the Wellness Center: *The Lions' Pride Media Group* reported in November that several mandatory parts—such as a gate for the pool deck—had not been received due to shipping delays.

Despite the repeated pushbacks of the building's opening, the Saint Leo community continues to be optimistic about the Wellness Center.

"Good things come to those who wait," said Fr. Randall Meissen, the University Chaplain. "The Wellness Center is a very exciting and good thing; it's a big upgrade."

University Campus students have, for the most part, remained patient and supportive in the face of the delays.

"Even though I didn't benefit last semester, I realize it's for a common goal that will eventually benefit the community," said Chrisalyn Junkert, a senior majoring in mathematics.

"I understand the school is under an immense amount of pressure," added Adam Keselicka, a junior majoring in criminal justice.

Nevertheless, the situation is frustrating for students—especially upperclassmen—who will have an increasingly limited window of time in which to enjoy the Wellness Center.

"Am I angry? No," said Junkert. "But it does border on unprofessional. It's like they're dangling the carrot in front of us."

For now, seniors like Junkert can only wait and hope that the Wellness Center opens in time for them to utilize the new building before graduation.

The Wellness Center is being constructed on the west side of Saint Leo's University Campus overlooking Lake Jovita and will feature a variety of new resources dedicated to promoting students' wellbeing, including a new health center, a counseling center, exercise equipment, an infinity pool and deck, a café, classrooms and offices, and more.

Taking risks on stage and screen:

Saint Leo alumna Emily Kochanski to appear on game show reboot

Khamille Labbé
Copyeditor

Heidi Konow
Contributing Writer

Two years after betting her soul as Rusty Charlie in Saint Leo University's "Guys and Dolls," Emily Kochanski is getting a chance to "bet her life" on a new reboot of the 1947 Groucho Marx series of the same name.

Originally a radio show that eventually moved to television, "You Bet Your Life" has gone through three other revivals since it wrapped in the 1960s before the current iteration, rebooted by Jay Leno and Kevin Eubanks.

In this new version, as well as in older versions, teams of two answer trivia questions for a monetary reward, which they can then choose to bet in classic "double or nothing" format.

This is an early screen appearance for aspiring actress Kochanski, who has gotten plenty of stage experience during her time at Saint Leo, where she appeared in shows such as "Guys and Dolls" and "25th Annual Putnam County Spelling Bee," and in her local community theatre, where she has been acting since the age of seven.

Kochanski found out about "You Bet Your Life" via a casting call on a website she had signed up for.

"What the heck, it's a foot in the door, it's something different, and it would be a really cool experience," said Kochanski, reflecting on her experience on the show and why she decided to get involved.

Landing a role on "You Bet Your Life" was not a one-and-done audition process. There were multiple steps for Kochanski to go through and several months of waiting before she got the call that she was going to be flying out West to Los Angeles to film.

For Kochanski, being on a game show is different from acting on stage: there is no script, multiple angles to pay attention to, and a lot more moving parts. She stated it was a little intimidating, and as excited as she was, she couldn't help but feel nervous when being on the show.

"They're filming you from multiple different angles and multiple takes if you mess up a line," she said.

However, Kochanski's degree in English with a dramaturgy specialization and her experience as a simulation specialist helped her to hone her skills as a performer. Being a simulation specialist allows Kochanski to model a range of scenarios to enhance learning in various classrooms using avatars.

For example, when working with students studying social work, Kochanski's role involved acting like a teenager who had gotten pregnant and abandoned by her parents and boyfriend. She had to create a script and background story to support the social work students' training requirements. Kochanski admits some students even cried during her portrayal of this role.

"Even though they're not looking at you, they're getting a genuine interaction for their education," she said. For other aspiring actors, Kochanski's advice is to always be yourself.

"Never try to hide who you are, stay true yourself, because there's always going to be somebody out there who likes something about who you are," she said. "Never try to be something you're not."

Kochanski does not know when her episode of "You Bet Your Life" will air, but she does know it will air at midnight. It might be something to set the DVR for, or, for those willing to make a bet, staying up to watch it in real-time.

Emily's job as a simulation specialist requires her to fill many different roles all at the same time. She could voice anywhere from three to five avatars all at once! All photos courtesy of Emily Kochanski.

The new role of the Office of Student and Family Engagement

Tayhana Taylor
Campus News Editor
World News Editor

"Succulent for Success" was one of the programs in January hosted by the Office of Student Activities and Family Engagement. Students planted succulent plants in a decorated pot and received tips for a successful semester. Photos via @saintleouniv

A new title and a new assistant director are not the only things that changed in the Office of Student and Family Engagement this year. There is now an updated process for starting new organizations and funding club-related activities.

"Clubs and any other student organizations have to be authorized through my office before they can become official," said Ashley Phelps, the new director at the Office of Student and Family Engagement.

Phelps suggested that students interested in starting a new organization on campus should meet with her first to discuss their idea. Phelps' office is located at room 114 in the Student Activities Building (SAB), and she is available between 8 a.m.-5 p.m. Monday through Friday.

"Students will need to meet with me first before officially starting the process of establishing a new organization on Engage Leo," said Phelps. "It is important to meet with me to avoid starting another club similar to one we already have on campus."

Engage Leo is a platform used by student clubs and organizations to post and create events. It allows them to manage club memberships and is an excellent tool for students to keep track of on-campus activities.

As the new assistant director, Phelps has been working closely with the heads of student organizations on campus to improve the on-campus life for students.

"I am currently working to finalize a list of active student organizations so I can send this list out to students so they know how they can get involved," Phelps said.

Regarding who governs student organizations, the Student Government Union (SGU) is no longer responsible for this.

"As assistant director of Student Activities, my primary role is to oversee the operations of all student organizations on campus," said Phelps. "If they need any help with anything, I am their direct contact because they have to get all their events processed through our office."

The SGU was formerly in charge of allocating funds to student organizations. But due to some changes, the Office of Student and Family Engagement and the vice president of Student Affairs are now responsible for issuing club funding.

"Since we are in the process of making changes, if student organizations need funding for an event, they can complete a funding request form on Engage Leo," said Phelps. "This process of getting funding currently goes through our office and the vice president of Student Affairs, but things may change in the future."

Typically, the Campus Activities Board (CAB) was the main organization to host student activities, but students can expect additional engagement activities hosted by the Office of Student and Family Engagement.

"Since the start of the semester, I have hosted two programs thus far: Goal Setting and Succulent for Success," said Phelps. "CAB is not directly involved in these programs because the funding does not come out of their budget, and they are not assisting with it."

Phelps hopes that these programs being hosted by her office and the activities held by CAB will provide students with ways to stay engaged and build a spirit of community.

Students can use the Student Activities newsletter sent via their Saint Leo University email, the Office of Student and Family Engagement's Instagram page and Engage Leo to keep track of these programs and any other campus events.

Phelps mentioned that, "In my department, we are working toward bringing back the student activities calendar and posting it around campus, so students can easily see what is going on."

Students can look forward to getting detailed information on these clubs and organizations at the involvement fair on Feb. 17.

Noemi Reyes: Advocating against dating violence on campus

Isa Riano
Contributing Writer

Noemi Reyes is Saint Leo University's Campus Advocacy, Resources, and Education (CARE) program director. The CARE program assists in raising awareness, educating the community about prevention, and providing support to survivors of sexual assault or violence. Reyes does more than work at Saint Leo; she takes a humanitarian position in our community and has a longstanding history of working to support others.

Reyes earned both her undergraduate and graduate degrees in Family, Youth, and Community Sciences from the University of Florida. After completing her studies, Reyes did an internship where she worked on grants through the National Institute of Food and Agriculture (NIFA) to prevent chronic diseases for minority populations living in rural areas.

"I enjoyed working directly with community members and providing resources to help people lead healthier lives," she said. Reyes not only took this position to gain work experience, but also to financially support minorities that are at high risk of living with a chronic illness.

During the second year of her graduate degree, she interned for the Office of the State Attorney as a Victim Advocate intern. She provided direct services and crisis intervention to victims of crimes. It was then that survivors of sexual assault or violence touched Reyes.

"There was one case that motivated me to continue this work – the homicide of a woman, a domestic violence victim. The woman and her boyfriend had domestic violence disputes in the past. I could not help but think that her death was preventable," said Reyes.

Noemi Reyes
Program Director of CARE

Although she felt impotent, Reyes was grateful that this case encouraged her to create dating violence awareness.

"Witnessing this case motivated me to continue having conversations about dating and sexual violence with others, no matter how uncomfortable they can sometimes be," said Reyes.

Reyes often collaborates with Saint Leo's Green Dot program. Green Dot hosts informational sessions about dating violence and discussions about consent, sexual assault prevention, and advice for sexual assault survivors. Although they are a separate entity from the CARE program, they often work together because their focus areas are closely aligned.

Reyes remains thankful for the opportunity to take part in the CARE program at Saint Leo since August 2019.

"I thoroughly enjoy the work I do here as the project director with the CARE program. We have partnered with amazing community organizations like Sunrise of Pasco County who oversee our Green Dot program," said Reyes.

The CARE program hosts multiple events throughout the year and trains campus staff.

"In the past, we trained our resident assistants on report writing. We also partnered with Sunrise to train our university safety officers on trauma-informed investigation practices," said Reyes.

Reyes is glad she has made connections with other students who have opened conversations about dating violence and sexual abuse.

"What I love most about the students at Saint Leo is that they challenge the status quo," Reyes said. "They push for those difficult conversations around consent or sexual assault." She feels accomplished with her program, as it has normalized those conversations.

Reyes' ultimate goal with her project is to embody the meaning of one of Saint Leo's core values: community.

The CARE program hosts multiple events throughout the year and trains campus staff.

"By teaching our community members both on and off-campus how to be active bystanders, set healthy boundaries, and develop healthy relationships, we foster unity and respect," said Reyes.

She also intends to inform students about all the counseling resources Saint Leo offers, "I have come across students who do not know they can receive a free Sexual Assault Victim Examination (SAVE). I have also talked to survivors who do not know that there is free counseling and a 24/7 response hotline."

Reyes takes pride in giving back to the community. "Although collecting accolades is nice, my biggest accomplishment is not so much what I have been able to get at Saint Leo, but what I have been able to give," said Reyes.

As a Catholic school that offers free counseling services for all students and meetings with members of the University Ministry that help those who are struggling, Saint Leo strives to support those struggling with depression after experiencing trauma. Reyes is significantly contributing to this effort.

She uses her skills, knowledge, and energy to help prevent sexual assault at Saint Leo while working on a passionate topic. That is what Saint Leo's resources and workers like Reyes are for: to assure no one that has experienced trauma feels left behind.

The top-five U.S political stories of 2021

Tayhana Taylor
Campus News Editor
World News Editor

Chaos, changes, and uncertainty are just a few words to describe political events that happened in 2021. Here are the top five political stories in the United States during 2021:

1. The political turmoil from the U.S. 2020 presidential election rolled over into 2021.

On Jan.6, Trump supporters stormed Capitol Hill, intending to prevent the certification of the 2020 election results.

"Trump made a fundamental mistake by pushing members of the Republican Party to delegitimize the votes from the presidential election, but they refused to do that," said Dr. Marco Rimanelli, a full-time professor of politics and international security and diplomacy at Saint Leo University.

Some Democrats suggested that this riot was incited by the words of former President Donald Trump.

"Trump did a goodbye rally with over 1,000 people, and he contested that the election was stolen from him. This is not the first time a political candidate outspokenly claims that an election has been stolen from them; the democrats did it in 2016," said Rimanelli.

Like in the past, the media plays a significant role in shifting the story about political occurrences.

"The Democrats have a significant tool, and that is the fact that the media supports them," said Rimanelli. "Democrats can push a lot of propaganda that the media may use to delegitimize Trump."

Regardless of how the media may want to shift the narrative, the Democrats still managed to take advantage of the words of Trump during his goodbye rally. Democrats saw this is as an opportunity to get Trump impeached for a second time to prevent him from running in another presidential election.

Photo via @kamalaharris

During the course of Vice President Harris' political career, she has addressed social issues surrounding reproductive rights, immigration, and climate change, among others.

Photo by Alexda Chariton

"The bigger political question that remains is how should those involved in organizing the rally be prosecuted and the extent to which former President Trump and others be held accountable for this riot," said Frank Orlando, a political science professor and director of the Saint Leo University Polling Institute. "This will certainly be an ongoing question throughout this year, especially with the Jan. 6 Commission that is going on in the House of Representatives, and it will have an impact in 2022."

This Democrat-christened insurrection may negatively affect Trump's future political career.

"We will see how much voters still care about this issue," said Orlando. "Voters tend to have a very short attention span, so we will see if something that happened over a year ago is still relevant to voters or have citizens moved on to other issues?"

2. A few days later, on Jan. 20, Joe Biden and Kamala Harris were inaugurated.

President Biden became the 46th president of the United States, and Harris became the first female vice president from an Asian and Caribbean ethnicity.

Biden winning the election with Harris on his political ticket may be another step toward less male-dominated U.S. politics.

"There has been evidence that women have been successful when they run for office through the '90s, 2000s, and 2010s; whether it be in the House of Representatives, the Senate, or for governor," said Orlando. "This shows that the country is becoming more open to having female representatives in politics than in the past."

Harris being the first female vice president shows that voters are open to electing a woman to such a high position. In addition to Harris, Biden's cabinet included 11 women who were appointed to high-level cabinet positions. Janet Yellen became the first-ever female U.S. treasury secretary.

Furthermore, when former

President Trump appointed Amy Coney Barrett as an associate justice in the Supreme Court, it increased the number of female associate justices from two to three. In 2020, Barret joined associate justices, Sonia Sotomayor and Elena Kagan, appointed by former President Obama in 2009 and 2010.

"The biggest roadblock to parity in politics for women is convincing women to run for office because statistics have shown that women tend to do just as well as men or even slightly better," said Orlando.

3. One of the longest wars in U.S. history finally ended.

In 2001, a series of terrorist attacks organized by the militant Islamist terrorist group, al-Qaeda, caused the deaths of over 2,500 Americans. The conflict began when former President George Bush sent military troops to Afghanistan to avenge the attacks on the World Trade Center.

After two decades, the U.S. military troops were withdrawn from Afghanistan. While this was a joyous moment for Americans in the United States, it was quite the opposite for Afghans. Subsequent to President Biden's announcement of withdrawal, the tyrannical Muslim group called the Taliban regained control over Afghanistan as the Afghan government crumbled.

CNN reported that, during this time, over 60 Afghans died and 140 ended up wounded. In the midst of the withdrawal, 18 U.S. service members were injured.

Currently, those in other countries are unable to gauge how things currently are in Afghanistan, because the restrictions on media coverage.

"Since the Taliban took over Afghanistan, it has been hard for people outside of the country to know what is going on over there because there has been a massive decrease in press freedom," said Orlando. "A lot of the places we would get information from has been silenced or shut down."

Despite a change in leadership within the Taliban group, the tyrannical ideologies of this group remain with regards to how women, young girls, and vulnerable groups like members of the LGBTQ+ group are treated.

The first time the Taliban group took over Afganistan was in 1996, and this tyrannical leadership lasted until 2001.

"There has been a recent rule about women being prohibited from driving a vehicle without a man present," said Orlando. "This invasion has led to a massive setback for young girls having access to education in Afghanistan."

4. Texas Governor Greg Abbot signed the Texas Heartbeat Act.

The Texas Heartbeat Act prohibits abortion once the fetus' heartbeat can be detected (typically after six weeks).

The Texas Tribune, a nonprofit, nonpartisan public media organization, reported that out of fear of financial consequences, abortion providers have decided to conform to the law. After the first month the law become effective, the amount of abortion procedures reduced by half. This was one of the biggest wins for anti-abortion supporters in recent history.

"States like Texas and Mississippi are passing more abortions laws with hopes that the Supreme Court allows them to make these laws, or the Supreme Court overrules Roe vs. Wade in its entirety," said Orlando. "This would place the issue of abortion into the hands of the state instead of the federal government."

Roe vs. Wade is a pivotal ruling made by the Supreme Court 1973 which states that the U.S. Constitution protects a pregnant woman's liberty to decide to have an abortion without excessive government restriction.

"There are currently more conservative justices in the court in comparison to the past, so there may be a higher likelihood that the court may rule in favor of the conservatives," said Orlando.

The Supreme Court is yet to make an official ruling on whether abortion laws will be placed in the hands of the state. This decision may not have a vast future implication for states changing their verdict.

"If Roe vs. Wade is overturned, then practically it will be up to states. In states like California, New York, and other Democratic states, abortion will still be legal, and the opposite would happen in more conservative states," said Orlando.

5. Due to the COVID-19 pandemic in 2020, more voting accommodations were made for Americans to cast their votes in elections during that year.

But in 2021, 19 states passed a collective 34 new laws that made it harder for people to vote.

"Some of these 19 states opened up new avenues of voting during the pandemic, and they are now closing those avenues back to the way they were before the pandemic," said Orlando. "I believe that they should let as many people vote in as many ways as possible, because I like absentee voting and voting by mail because of the convenience."

According to CNN, the trend of voting laws becoming more restrictive will continue in 2022. Lawmakers in four states have pre-filed at least 13 bills for the 2022 legislative sessions that would make it more challenging to cast a ballot.

There will be stricter voting ID requirements in some states. The Brennan Center for Justice reported that in Kansas and Iowa, residents may face criminal charges for returning ballots on account of voters who may need assistance, such as voters with disabilities. Georgians may now be penalized by the law for providing snacks and refreshments to voters who are waiting in line.

In Texas, election officials may face criminal prosecution if they encourage voters to request mail ballots or regulate poll watchers' behavior—this may open doors for voters being harassed by poll watchers. The consequences of these new restrictive voting laws will certainly transpire into 2022.

36 Questions

Is there a scientific approach to falling in love? Probably not, but the work of scientists and psychologists like Drs. Arthur and Elaine A
and—in some cases—romance. The following 36 questions are designed to help
Do they work? Test these questions on your friends or you

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change something about the way you were raised, what would it be?
11. Take 4 minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?

to Fall in Love

Aron does indicate that asking and answering certain questions can help people rapidly grow in intimacy, leading to close friendships
o two partners get to really know each other and strengthen their relationship.
ur significant other and let us know at @lionspridemedia!

19 If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?

20 What does friendship mean to you?

21 What roles do love and affection play in your life?

22 Alternate sharing something you consider a positive characteristic of your partner. Share a total of 5 items.

23 How close and warm is your family? Do you feel your childhood was happier than most other people's?

24 How do you feel about your relationship with your mother?

25 Make 3 true "we" statements each. For instance "We are both in this room feeling..."

26 Complete this sentence: "I wish I had someone with whom I could share..."

27 If you were going to become a close friend with your partner, please share what would be important for him or her to know.

28 Tell your partner what you like about them; be very honest this time to say things that you might not say to someone you've just met.

29 Share with your partner an embarrassing moment in your life.

30 When did you last cry in front of another person? By yourself?

31 Tell your partner something that you like about them already.

32 What, if anything, is too serious to be joked about?

33 If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?

34 Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?

35 Of all the people in your family, whose death would you find most disturbing? Why?

36 Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

What is happening in Kazakhstan and does it matter to us?

Mariana Navarrete
Arts & Culture Editor

Protests erupted in Kazakhstan within the first week of 2022. Although increasing gas prices triggered them, the civil unrest was caused by deeper frustration at the lack of political change. During the protests, the country shut down, so did its internet, economy, and people.

Kazakhstan is a country located in Central Asia. It gained its independence from the Soviet Union at the end of 1991. Since then, President Nursultan Nazarbayev ruled with an iron fist for nearly 30 years.

Nazarbayev retired in 2019 and was succeeded by his ally, Tokayev. The European Parliamentary Research Service stated that even if Nazarbayev is not in power anymore, he still has considerable influence in the government.

Several countries have sparked civil unrest next to Central Asia in the last ten years with unrest in Ukraine in 2014, Armenia in 2018, and Belarus in 2020. Kazakhstan was not in the loop for civil unrest since it is considered a stable and prosperous country in Central Asia. This is thanks to vast exports of oil, uranium, and other natural resources.

Former Saint Leo University student, Dastan Marsbek, lives in Almaty, a Kazakhstani city that hosted many protests. Marsbek went to one in the first week of January, but quickly decided to go home since the government started to use force against them.

"There are many reasons why I and many others went to the protests. It all started in the West of Kazakhstan, because of the unfair gas price rise, but later on, protests became political," said Marsbek. "Long years of corruption and injustice were the main causes too."

Kazakhstan is part of the Russian-led military alliance through the Collective Security Treaty Organization. On Jan. 6, President Tokayev requested peacekeepers from the alliance to restore order in the streets. Even though he lowered gas prices, riots all over Kazakhstan were still taking place.

Photo courtesy of Dastan Marsbek

The streets of Kazakhstan's biggest city, Almaty, returned to near-normal on Monday, January 10.

"In the beginning, it felt very empowering to march peacefully around the city. We sang our national anthem, chanted "Шал кет!" which translates as 'leave, old man,' referring to our ex-president Nazarbayev, who though formally leaving his presidential post, still had a lot of political power, " Marsbek said.

Marsbek enjoyed the spirit of the first protests he saw in the streets since they were peaceful and demonstrated how Kazakhstani people could organize themselves and request a social change.

However, President Tokayev did not see them as peaceful and denounced protestors as 'terrorists' and 'bandits'; he rejected international calls for dialogue and ordered police to shoot to kill.

"I felt like something was finally going to change because there have never been so many people protesting. I could feel the people struggling, but with a strong spirit," Marsbek said. "I felt free, and I felt like I was a part of a movement for a good cause."

Photo courtesy of Aisultan Seitov

There was a surge in cases of obstruction and violence against journalists trying to cover the protests in Kazakhstan. Authorities delayed the arrival of foreign reporters, although international flights returned to normal.

Things were worse in Kazakhstan in 2011. There was brutal repression of an oil workers' strike during this time, and at least 16 people were killed.

Now, 11 years later, over 160 people were killed in violent clashes, and more than 10 000 had been arrested during these January protests. Internet access was blocked for several days, flights from Almaty were canceled, and large parts of the economy shut down, such as oil exports.

Marsbek claimed that the peacefulness of the protests turned into chaos. Protesters were greeted with tear gas smoke grandees from the military, and unknown rioters took advantage of the situation to unleash havoc in the city.

> ***I wish people paid a little bit more attention to other people's struggles in other parts of the world.***
> – Dastan Marsbek, former Saint Leo student

The government shut down the internet for five days. Young adults like Marsbek tried to use virtual private networks (VPN) to access the internet.

"When Notre Dame burned in Paris, the entire international community trembled." Marsbek said. "They donated millions of dollars; my friends posted stories on their Instagram saying how sad and terrible it was."

Kazakhstan authorities introduced a state of emergency in the Mangystau Region, Almaty, and other cities. Amnesty International claims that authorities warned all media against "violating" Kazakhstan's restrictive media law.

"But when Kazakhstan's government kills peaceful protestors and shuts down the internet in the entire country, the international community is silent," said Marsbek. "I do not see Instagram stories, hashtags, or massive donations."

Some governments have responded to the protests in Kazakhstan. The European Union published a statement imploring a peaceful resolution to the crisis.

French President Emmanuel Macron and United Nations Human Rights Commissioner Michelle Bachelet, also condemned the violence and urged the Kazakhstan government to respect freedom of assembly, expression, and media.

Although the European Union has made efforts, the American media and government have been silent about the issue. Even if Kazakhstan is far away from the United States, these protests are significant because of the United States and Kazakhstan's political and economic ties and the human rights violations that occurred there.

Photo courtesy of Dastan Marsbek

Kazakhstan experienced the worst violence in three decades of post-Soviet independence with thousands of people detained and some public buildings torched.

The United States was the first country to recognize Kazakhstan's independence and has maintained close relationships ever since. It has billions in energy investment in Kazakhstan, with some of the significant American-owned companies, such as Chevron and ExxonMobil, having interests in Kazakh oil and gas fields.

It is also the first time the Collective Security Treaty Organization made a peacekeeping mission, and it could potentially develop consequences in the region, affecting it politically and economically.

Aside from the political and economic damage, the Kazakhstani people remain concerned about how the government recklessly violated human rights during the protests and the minimal response from the media and the international community.

Marsbek said, "I wish people paid a little bit more attention to other people's struggles in other parts of the world."

Photo courtesy of Aisultan Seitov

President Tokayev promised to allow the internet to be reconnected in regions where calm had returned, but he warned that acts of defamation would be punished.

Dump your healthy New Year's Resolution!

Lauren Felts
Advertisement Manager

It is not uncommon for people, especially college students, to want to eat healthier, get in shape, or exercise more often when the new year rolls around. Yet, it can be very difficult to find that healthy balance between work, classes, sleep, and exams. With each new year that passes by, resolutions are set and we often get disappointed when those goals are not achieved.

In fact, the most common failed resolutions each year are healthy diets, exercising often, and losing weight. So, this year, instead of making yet another resolution to eat healthier, or exercise daily, challenge yourself to ditch those resolutions and incorporate some of the following tips into your new lifestyle that will for sure benefit your overall health.

1. Include Fruits and Vegetables in Every Meals

As a college student on a budget, it may seem difficult to include fresh fruits and vegetables in each of your meals it may be easier than most might think.

At the Wellness Center that opens this semester, keep an eye out for meals that include vegetables and choose fruit as your side. This technique can even be applied when out at restaurants or ordering fast food.

Choose high protein options like chicken and steak, or vegetarian options like beans or salmon, if that is what you prefer. Substitute fruit as your side instead of fries. It's a lot easier once you start making this a habit now, and you'll begin to increase your opportunities to eat healthier even while on a budget.

2. Stay Hydrated and Avoid Soda

This may be an obvious tip, but just avoiding soda alone can instantly boost energy and lower your risks of many health diseases and conditions that soda is tied to such as diabetes, cardiovascular disease, kidney disease, and more.

When you make a habit of drinking soda regularly, this increases your leptin levels, which is the hormone in your body that signals when hunger arrives and when you're full. Additionally, insulin levels are also heightened which is the hormone regulating the metabolism and blood sugar.

When both of these hormones are elevated, your body feels hungrier more often, even when full, which overtime can stretch out the stomach and increase your chances of obesity. This is because it causes your blood sugar to spike.

As a tip to keep yourself accountable for drinking plenty of water, bring a chillable thermos with you to class each day so that you always have cold water to sip on throughout the day. If you have trouble drinking water, try infusing it with lemon or any other type of fruit!

3. Identify Personal Challenges

A tip from Brandy Pollicita, health and wellness instructor on campus, is to identify your challenges that lead to self-sabotage.For instance, motivation, time or schedule restrictions, and behaviors.

If you feel like you have a lack of time, set an alarm on your phone each day to set aside ten minutes to exercise or meal prep or even meditate. However much time you have, set reminders in your phone to focus on your health. It's important to make sure you stick with it when the alarm goes off each day at a time you know you will able to complete your chosen task.

Another tip from Pollicita was to, "establish strategies such as writing down the positives to engaging in healthy pursuits."

This can help you stay accountable and motivated by then setting some achievable and realistic goals for yourself to maintain. Pollicita mentioned to start out with short term goals, then work your way up to longer term goals once you've established a positive mindset surrounding your new healthy habits.

4. Prioritize REST!

It is so extremely important to prioritize a good solid sleep schedule. Your body is working hard to keep you functioning at your highest level all day, the only way you achieve that energy is by making sure your body is getting enough rest. Your body is still working to burn calories, pump blood, process information consumed from the day, recover muscles, balance hormones, break down food, and much more.

Getting enough sleep is linked to every system in your body and after working all day, just like a car or a phone, it needs time to recharge. A tip to making sure you get those 8-9 hours is by winding down two hours before bed.

Do this however you like, by watching a relaxing show, turning off social media, or reading a book. This will help you fall asleep much quicker when your body is already in that restful state.

Another tip is to stop eating two hours prior to bed. At night, your metabolism slows down, and food is harder to break down and can be stored as fat instead of energy. However, certain foods such as bananas which are high in potassium can also be good way to help fall asleep quicker.

Lastly, practice a good sleep environment. Close all your windows and blinds, set your room to a cool setting, and keep it dark. All of these things will help with a much better-quality night's rest.

5. Realize Mental Health is Just as Important as Physical Health

Just as it is important to exercise daily, prioritize health, and eat plenty of fruits and vegetables, it is vital especially for students to focus on their mental health. Your brain is what controls everything, your motivation, your thoughts, and feelings.

When your mental health is poor, physical health can be affected by this and cause it to decrease as well. Being healthy is all about balance. When mental health is improved, everything else follows.

"Aligning healthy intentions with healthy behaviors in every wellness area will increase the likelihood of success because the many elements of wellness are interwoven," said Pollicita.

When a positive mindset is enforced, working out is less stressful, when meals are planned ahead of time, it is easier to eat healthier and keep up with it. When alarms are set to focus on study time versus rest time, it is easier to keep up with workload and still make time to rest and have fun.

So, dump your New Year's resolutions this year. Instead of being healthy for a year, choose to keep up with a healthy lifestyle that will last. At the end of the day, exams and studying are temporary: a healthy and happy life is what truly matters.

The more recipes you look at, the more inspired you will be to eat healthier!

Eating healthy doesn't have to be difficult, these turkey rollups only include five ingredients.

Is *Jeopardy!* in jeopardy?

Heidi Konow
Contributing Writer

Like much of the continent—even those that don't test their trivia knowledge five nights a week—I was shocked to hear in early November 2020 that Alex Trebek had lost his battle with pancreatic cancer. And, like much of the "Jeopardy!" audience, I began to ask the question: "What comes next?"

Over the first half of 2021, there came countless guest hosts. Some were celebrities, some past victors (why didn't they let James Holzhauer give it a try? The other two Greatest of All Time competitors did).One—ironically the most popular among the viewers—got thrown in last minute as new COVID-19 cases took hold.

Yet, somehow, more than a year later, we still don't have a host.

To be sure, they announced Mike Richards would take the gig, but the people who had supported him proved turncoats and struck him down over internet comments they didn't like. So now we've got former champion and "The Chase" host Ken Jennings and actress Mayim Bialik (whom the crew hopes will stay on, even as it is being reported that she "doesn't fit in" backstage).

Still, nothing permanent has been announced. This is keeping a program as American as Walt Disney in limbo and putting it in jeopardy.

It seems to me that there are only three ways to handle this debacle. The first is unspeakable: let the game peacefully die with Trebek. It is also impossible; they have already gone through the trouble of attempting to select a host and are still hosting online auditions, though they have not had a college tournament, or at least auditions for it, since the shutdowns in early 2020.

It also feels borderline disrespectful—Trebek knew that, at one point or another, he would have to step down and they would need to replace him. He even joked about it, saying in his autobiography that he would like Betty White to replace him. However, considering that she also recently passed away, that would have been a very temporary fix and we'd be back to square one.

The second solution is outrageous, not to say impossible: find someone brand new, with nothing. No social media. No experience. A completely blank slate that can be trained exactly as the production team wants. In this day and age, to find someone like that is about as likely as catching a unicorn.

They exist, maybe not in the form people expect; a one-horned goat is still, by definition, a unicorn, but are so rare that to find one with the qualifications and the knowledge to host this show for decades to come will likely yield just as fruitless a search as the one they've already attempted.

The third—and seemingly most sensible option—is to just pick someone who fills the podium well and isn't busy with another show.

After all, Ken Jennings is currently filming three trivia shows when he is taking his turn at hosting—"Jeopardy!," "The Chase," and "Master Minds." With "Jeopardy!" putting out a new episode over 100 days out of the year, it would eventually become a choice for Jennings between his shows as to which he wants to give up and which he wants to continue.

Which would get back to square one. So, let the producers pick a selection of three or four guest hosts that they liked. Let each one fill in for a few weeks so they can determine who works best with the team backstage—crew and production both—and maybe give a poll to see what the nation thinks.

Then, if someone finds something online and hollers, ignore it. People are allowed to have opinions that differ from other people, or else we would all be robots... which is something a blogger online suggested they use as a host, with Trebek's voice. That's as disrespectful as option one.

After the first month or so, people would either let it die down or just not tune in. Things could go on as normal.

There has been some recent speculation regarding the recently unseated 39-day champion, Amy Schneider, following an interview with the LA Times. The resulting headline of this interview, in which the question as to whether Schneider would be interested in hosting temporarily, has led many to believe that this is a potential outcome.

The asking of this question unfounded was not overly wise; the question itself and the particular person that they asked it of will easily divide people into camps the same way that the initial hosting debacle has.

Some will be more willing to watch the show for a transgender host, some less, and some couldn't care who is hosting. However, to ask and report on the question the way that the reporter did will only raise speculations that ought not to have been there to begin with.

Currently, no changes will have been announced to Jennings' and Bialik's hosting schedule.

But if they continue as they have been for the past year, "Jeopardy!" will become less a game of trivia and more a game of "I wonder who the host will be today?"

That question is never the correct response to Final Jeopardy.

Photo by Jim Greenhill

Trebek dedicated over 30 years of his life to the United States Organizations, going on a total of 13 tours.

Saint Leo Lions' basketball update

Anthony Martinez
Sports Editor

The men and women's basketball teams are about two-thirds of the way through the season. The season has brought about mixed results, some fantastic performances, and some heartbreaking losses.

Last season went splendid for the men's team as they won the Sunshine State Conference Champion, finishing 7-1 on a seven-game winning streak. This season has not been as kind to the men as their record currently is just 8-9.

8-9 is by no means a poor record, and even in their losses, they have played very well. It seemed like they just couldn't go on a long win streak, especially at the beginning of the season. It was a tit-for-tat, just a 5-4 record to start the year.

After the even start, they went on to lose four games in a row. This was by far the lowest point of the season. The first loss of that losing streak occurred in overtime, 93-96, to Cedarville University. This was a very disappointing loss. The only loss that wasn't a tight game was the game against Barry University, 84-98, however it was still competitive. Barry controlled the rebounding the entire game which led them to the win.

Recently, in the last two games, Saint Leo has come out on top in both encounters. First was against Florida Tech with a strong defensive performance of 78-61. The last game was extremely close from start through overtime with 87-85 against Eckerd College.The win was led by senior, Wade Coomer, who hit nine three-pointers and a total of 29 points to lead the Lions.

The Lions are building some momentum, led by some great performances, like the aforementioned light out shooting by Coomer. Overall, the Lions have four players averaging points over double digits, which was also led by Coomer at 16.1ppg.

Second in scoring, who had arguably the greatest performance by any Lion, was junior Francis Sio. Against Barry in that loss, Sio had a 40-point performance. It was a remarkable performance in only thirty minutes where he also hit eight three-pointers.

Senior Frank Weber, has been an all-around star this season, having several near triple-doubles throughout the season. Averaging over 13 points, over 7 rebounds a game, and over 6 assists a game, he did everything for the team.

Saint Leo has 10 remaining games in the regular season, and they have momentum. But, they're going to have to keep building off it if they want a good placement in the Sunshine State Conference tournament.

Moving onto the women's team, last season was only six games finishing with a 3-3 record. They played very well through their first 20 games of the season, holding a record 13-7.

After just starting 3-4 on the season, it was just somewhat of an average season up at that point. The Lions then went on to rattle off a five-game winning streak, making them one of the toughest in the conference.

It started on Dec. 4 against Embry-Riddle University in a dominant performance by the women winning 76-57. The rest of the win streak had some average wins, along with another dominant 35-point win against Lake Superior State. They also had some thrillers which they managed to win as well.

The win streak came to an end against Tampa University, 90-97 in overtime. Senior, Alex Button, had a great performance that night, scoring 25 points in a grueling 45 minutes of playtime. Included in the 25 points, she managed to hit five three-pointers that night as well.

After the disappointing loss, they went on another winning streak. This one smaller at three wins, but still important for the team regardless. They played great defense during this run, allowing just 60 points a game to opposing teams.

In the last two games, both at home, they split two games going 1-1. They played strong on Jan. 22, defeating Florida Tech 78-60. They then lost the biggest game all season long. On Jan. 26, they played against the 16th ranked Eckerd, where the Lions took the lead with just seconds to go. Eckerd then won the game on a buzzer-beater, sending everyone home defeated.

Still, the team has played very well and had some great performers this season as well with four players averaging over double digits in points like the men's team.

This has been led by junior, Amanda Ulrich. She averages 18.7 points a game and near 20 a game at the college level is outstanding. Her season-high came against Texas A&M International, where she scored 32 and hit five threes in the game as well.

Dominating the boards for the Lions is graduate student, Ayanna Trigg, who averages 8.1 rebounds. She does more than just rebound, however, as she also averages 12.3 points a game.

With just eight games left on the schedule, only three of which are at home, it will be tough. But the Lions would love to finish strong and make a push for a good spot in the Sunshine State Conference Champion.

Incredible performances, heartbreakers, and thrilling wins—both Lions basketball teams have had it all this season.

Photo by Alora Peters

The Golfing Dutchman

Pia Perthen
Contributing Writer

Many will probably connect the word "Dutchman" with the legendary ship of the movie "Pirates of the Caribbean" starring Jonny Depp and Orlando Bloom, or others could associate the word with the opera "Flying Dutchman" from Richard Wagner and captain Bernard Fokke. But, at Saint Leo University, the expression "Dutchman" brings to mind student athlete Bas Vermeulen.

Bas Vermeulen, who hails from the Netherlands, is an experienced student in Saint Leo, who is in his fifth year and currently pursuing his MBA with a specialization in data analytics. However, apart from being a diligent student, and a successful resident assistant, Vermeulen has one other role on campus which defines his daily life at Saint Leo.

Vermeulen pursues his dream as an athlete in the Saint Leo Men's golf team. While these three different aspects—student, RA, and golfer--have all helped him become the person he is today and have enormously shaped his time at Saint Leo, golf is his ultimate passion.

"I love to play golf and playing on the course is a mix of excitement and fun, which is an awesome combination," said Vermeulen.

His key to managing golf, schoolwork, and work as an RA is time management. Vermeulen plans his week out and is able to be flexible and adapt easily if something might change.

Focusing on his golfer side, Vermeulen has experienced good golf and great times with his teammates and has made it to the NCAA National Championships in his freshman year with the team.

"The whole tournament week was breathtaking, and the support from my teammates and parents was awesome," said Vermeulen.

However, every athlete experiences highs and lows—Vermeulen, unfortunately, suffered from a non-cancerous cyst in his hip that was as big as a golf ball and left him unable to play golf for a long time.

Vermeulen did not have an easy time, but kept himself busy after surgery by reading books and with extra recovery exercises in order to return to the golf course more quickly. Fortunately, he received tremendous support from his swing coach, mental coach, and parents.

"I am still fighting back from the injury, but I am taking it step by step and day by day and keep going," said Vermeulen. "It is definitely important to be surrounded by the right people."

Currently, he is back again, grinding on the golf course and trying to make his last semester count.

Because Vermeulen has already been in Saint Leo for a long time, he has gained some valuable experience. He believes it is essential to get involved for freshmen and is amazed at how many opportunities this university offers.

"Almost everyone is away from home, and it is vital to bond with other people and form friendships which could last for a lifetime," he said.

Photo courtesy of Saint Leo Athletics

Grand Opening of Beijing Winter Olympics 2022 under COVID-19

Alyssa Tsang
Contributing Writer

The Beijing Winter Olympics opening ceremony was held on Feb. 4th, 7:00A.M. EST. Director Zhang Yimou brought a brand-new idea to the opening in the "Bird Net" this year.

Under COVID-19, the winter Olympic games this year are full of challenges. First is the boycotting by the United States and many European countries, who refuse to send official representatives to attend the opening. Second is the continuous rise of Omicron-confirmed cases among athletes and Olympic staff.

To avoid an outbreak after the ceremony, the Beijing Olympic design team decided to not use a huge crowd of performers as they did in the Summer Olympics of 2008.

Instead, they combined technology with Chinese tradition and created a countdown by using the 24 Chinese seasons, an ancient calendar calculation method.

Additionally, the 4th of February is also the "opening of spring" and the first of the 24 seasons.

Zhang, who is also a movie director, decided to use this way to promote Chinese culture in a creative way.

"It is a very good cultural expression, showing the world the beauty of Chinese traditional culture," said Zhang on CCTV.

However, despite the precautions, an outbreak did happen in the athlete village. Since the beginning when athletes entered the country, there have been positive cases among athletes every day.

One of the United States Bobsled athletes, Elana Taylor, tested positive for COVID-19, along with 67 other United States athletes and sports officials after arriving in China on Jan. 29. Taylor, a three-time Olympics gold medalist, has surely faced frustration, as do other confirmed-positive athletes.

The question is how the Beijing government approaches and settles this problem? And how will the games progress under a serious pandemic? The outcome is unknown.

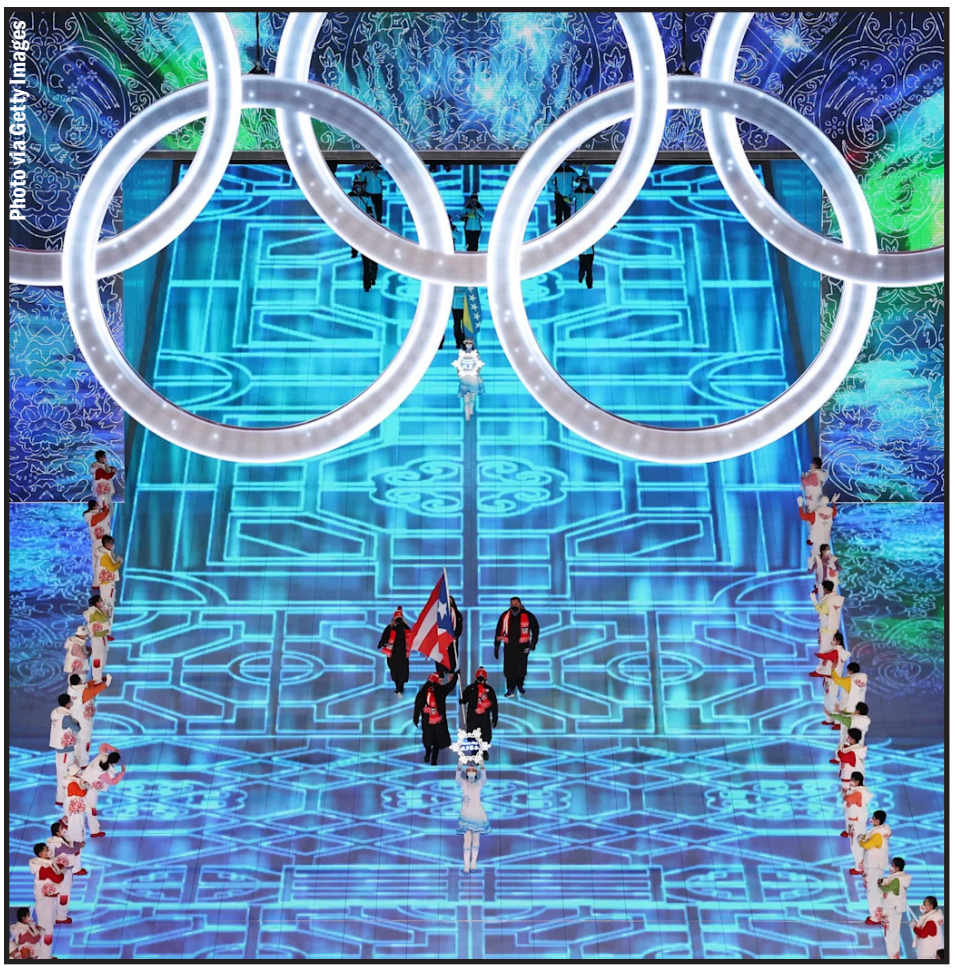
Photo via Getty Images

Puerto Rico makes their entrance to the Beijing Winter Olympics while maintaining social distancing with both athletes and performers.

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